

# Physical Medicine and Rehabilitation (PM&R)

## PM&R Specialty Services Available Through Direct Access

### No Consult Needed!

- ❑ **Spinal Solutions for neck and back pain**
  - Educational class on managing spine pain to include neck and/or back pain Includes an opportunity for a screening by a physical therapist.
  - Every Wednesdays at 1:00 p.m.
  - No consult needed.
  - Building 60, check in NE 102, park in Parking Lot K
  - Questions, contact 520-792-1450, ext. 2103 or 2107
- ❑ **Back in Action Exercise Class**
  - A maintenance exercise/movement class targeting the neck and back. Includes some yoga, postural awareness, and deep breathing exercises
  - Every Monday 2:00 p.m. to 3:00 p.m.
  - No consult needed.
  - Building 30, 2nd floor of Southwest Blind Rehabilitation Center, Room 224
  - Questions, contact 520-792-1450, ext. 2103 or 2107
- ❑ **TENS School**
  - Training and education on the safe use of a TENS unit for pain management. TENS unit will be issued to Veteran.
  - Tuesdays 2:30 p.m.
  - Building 60, check in NE 102, park in Parking Lot K.
  - Questions contact (520) 792-1450, ext. 2103.
- ❑ **Breathe and Bend**
  - Entry-level yoga combined with mindful breathing to address hyperarousal, avoidance, and distressing thoughts.
  - Wednesday and Friday 2:00 p.m. to 3:00 p.m.
  - Building 30, second floor of Southwestern Blind Rehabilitation Center, Room 224.
  - Questions contact Kacie or Dave at (520) 792-1450, ext. 5302 or 2103.
- ❑ **A Matter of Balance Workshop (consists of eight, two-hour sessions)**
  - Evidenced based program to reduce the fear of falling and increase activity levels.
  - Appropriate for anyone who is concerned about falls; interested in improving balance; has fallen in the past; or has restricted activities because of concerns about falling.
  - Contact Scott White at (520) 792-1450, ext. 2898 for more information.

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# Physical Medicine and Rehabilitation (PM&R)

## PM&R Specialty Services Available Through Patient Self-Referral / Direct Scheduling

**No Consult Needed!**

- ❑ **Mobility Aids Walk-in Clinic**
  - For evaluation and training in the safe use of canes, walkers, crutches, and standard manual wheelchairs.
  - Monday through Friday, 10:00 a.m. to 11:00 a.m.
  - No appointment needed.
  - Building 60, check in NE 102, park in Parking Lot K.
  - Questions, contact (520) 629-4648.
- ❑ **Wheeled Mobility Clinic**
  - For Veterans desiring an initial evaluation for a scooter, power wheelchair, or a custom manual wheelchair.
  - Veteran calls (520) 629-4648 directly to schedule an appointment.
  - Building 60, check in NE 102, park in Parking Lot K.
- ❑ **Roll-In-Clinic**
  - For review of need for **major** repairs/adjustments to **VA-dispensed** wheelchairs, scooters, or power chairs.
  - For **routine** service and repair needs, contact your local repair vendor.
  - **NOT** for Veterans needing an initial evaluation for wheeled mobility - please refer to Direct Scheduling for **Wheeled Mobility Clinic** outlined above.
  - Every Tuesday and Thursday from 8:00 a.m. to 12 noon.
  - Building 60, check in NE 102, park in Parking Lot K.
  - Questions, contact (520) 629-4648.
  - No appointments needed.
- ❑ **Amputee Clinic**
  - For any Veteran in need of new or replacement prosthetic limb or repairs to a prosthetic limb.
  - Call (520) 629-4807 to schedule an appointment.
  - Building 60, Polytrauma Treatment Center, Room N-101, park in Parking Lot L.